

# Kewaunee County Public Health Newsletter

March/ April 2017

Volume 2 Issue 8



April is National Facial Protection Month. Spring sports and spring-like weather often bring emergency room and office visits for children suffering from a head, mouth or facial injury. Many of these injuries can be prevented.

Here are ways you can prevent these injuries:

1. Wear a properly fitted mouth guard when playing contact sports.
2. Wear a helmet when riding bike or roller skating.
3. Wear protective eyewear when needed.
4. Wear a facial shield to help protect in such sports as hockey or baseball.
5. Make protective gear a must for all contact sports.

## Fuel Your Brain

"I don't have time." "I'm just not hungry at 7:00 AM!" "I don't know what to make." These are some of the top excuses we use for not eating breakfast. Eating breakfast, kick-starts your metabolism which can help prevent weight gain. Research shows that those who eat breakfast get more vitamins and minerals and fiber. They also eat less in the evening than those who skip breakfast.

Eating Breakfast helps stabilize blood sugar, which in turn, increases concentration, alertness, and energy. This is why it is especially important for children! Children who eat breakfast perform better in school and on the playground. Breakfast also acts as a mood stabilizer, and paves the way for adequate growth. Pregnant women need breakfast to supply the needs of a growing baby! Breakfast can boost calcium and folic acid intake, both of which are imperative to having a healthy pregnancy!

Since breakfast is so important, try having easy items on hand to grab and go, such as yogurt, a smoothie, chopped up fruit, or dry cereal and a thermos of milk. Pre plan breakfast the night before. If you are hungry for an omelet, try cutting up the vegetables and meat the night before. Ask your children what they like for breakfast. The more your child is involved in the decision making process, the more likely they are to eat! Try to remember that breakfast fuels your brain no matter what age, so it is an important meal that you don't want to skip.

## National Public Health Week April 3-9<sup>th</sup> 2017

During Public Health awareness week, we celebrate the work at hand to create a healthy nation! The Kewaunee Health Department; like many others, strives to prevent and encourage healthy lifestyles and build partnerships to create a strong health system.

Some things that you can do to help utilize available resources include:

- + Visit the Kewaunee Health Department to see what services are offered in the community.
- + Pick up a well water test kit and get your home tested for lead and radon.
- + Check your home for any safety hazard and pick up an emergency check list from the Health Dept.

## National Infant Immunization Week: April 22-29<sup>th</sup> 2017

The Health Department Offers free immunizations for vaccine-preventable diseases. If you are on medical assistance or do not have health insurance that covers vaccines, please call (920) 388-7160 and make an apt.!

## MCH Hotline

This hotline is an informational link to services for pregnant and postpartum women and children. Call **1-800-722-2295** for info. On BadgerCare Plus, WIC, Health Check, maternal depression, prenatal care, family planning, development screenings, and more!

Kewaunee County Health Dept.  
810 Lincoln St.  
Kewaunee, WI 54216  
920-388-7160

Find us on 

# Kewaunee County Public Health Newsletter (cont.)

## Tortilla Pizzas

- 1 Small 100% Whole Wheat Tortilla shell
- 2 T. Pizza Sauce
- ¼ c. Shredded Mozzarella

Turn oven onto the high broil setting. Place plain tortilla in the broiler for about 2-3 minutes per side to make it crispy. Remove from oven and spread on the pizza sauce and cheese. Return to the broiler about 3-4 minutes or until cheese melts. Cut in pizza slices and serve.



## Distracted Driving

Distracted or inattentive driving is any activity that may cause a driver not to pay attention to the primary task of driving. All distractions are a danger to others on the road. Some of the most common distractions include: texting, using a phone, eating or drinking, doing hair or make up, shaving, looking at a map, using a navigation system, watching a video or TV, and adjusting the radio or CD player.

Did you know that distracted driving is now more deadly than drunken driving was in the 1980's? One in five crashes involve distracted driving. In 2015, there were 24,089 car crashes related to distracted driving in Wisconsin. That means, there is a distracted driving crash happening somewhere in Wisconsin every 22 minutes. At 55 miles per hour, it only takes 5 seconds to travel the entire length of a football field! This is the average length of one text!

Next time you are driving and you pass a car, look at the driver. You will be amazed at how many people are looking down or on a phone. Texts and phone calls can wait until you get home. If it is an emergency, pull over to the side of the road to answer a text or call. Tell the person you are driving and will talk to them when you get home. Educating drivers about the dangers is important in order to prevent distracted driving. For more facts use [www.distraction.gov](http://www.distraction.gov) or use [www.idrivesafely.com](http://www.idrivesafely.com) and search cell phones and driving for more information on the law.

## Breakfast Banana Split



- 1 Small Banana, cut in half lengthwise
- ½ c. Strawberry Greek Yogurt
- ¼ c. Blackberries or Strawberries
- ¼ c. Raspberries
- 2 T. Low Fat Granola
- 1 T. Mini Chocolate Chips

Cut the banana in half lengthwise. Place on a plate. Cover the banana with spoonful's of yogurt. Top with berries, granola and mini chips for garnish. Enjoy!

## Counting Sheep Not Making You Sleep?

Getting enough sleep is important for all age groups. Did you know that after just one night of not getting enough sleep, the average adult is more likely to over-eat, get into an accident, catch a cold, and of course not look so approachable? Children who do not get enough sleep can cause issues with hyperactivity-impulsivity and lower cognitive performance. Lack of sleep in children can cause crankiness, poor attention and over-eating. Below is a list of ways you can make bed time more sleep friendly.

- Turn off the TV- don't go to bed with it on!
- No electronics 2-3 hours before bed time!
- Make sure everyone has their own special space to sleep and it is comfortable.
- Turn on a fan for "white noise" if you or your child is easily distracted.
- Engage in quiet pre-bedtime activities like reading a book or talking about the day.
- Lay next to your child for a few minutes to make them feel more comfortable.
- Do not sleep next to a cell phone or device.